Grow Up Healthy!

What milestones have I reached?

How tall am I?

What immunizations do I need?†


If your child has any medical conditions that put him at risk for infections or is traveling outside the United States, talk to your child’s doctor about additional vaccines he may need.

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**6 months**

- Knows familiar faces
- Responds to own name
- Brings more to mouth
- Rolls over in both directions

**9 months**

- Takes two to three steps
- Drinks from a cup
- Scribbles on his own
- Walks well

**12 months**

- Knows familiar faces
- Responds to own name
- Brings more to mouth
- Rolls over in both directions

**18 months**

- Points to show others something interesting
- Points to two or more people
- Points to one body part
- Balances on one foot
- Hurries towards a toy

**2 years**

- Gets excited when with other children
- Says sentences with 2 to 4 words
- Builds towers of 4 or more blocks
- Throws a ball

**2-3 years**

- Laughs easily
- Listens and pays attention
- Has mature pencil grasp
- Prints some letters and numbers
- Balances on one foot

**3 years**

- Shows concern for a crying friend
- Names most familiar things
- Can book pages one at a time
- Runs easily

**3-4 years**

- Tells stories
- Cooperates with other children
- Uses scissors
- Catches a bounced ball most of the time
- Hops

**4-5 years**

- Gets excited when with other children
- Names most familiar things
- Can book pages one at a time
- Runs easily
- Hops

**5-6 years**

- Wants to be like friends
- Speaks very clearly
- Can print some letters and numbers
- Hops, may be able to skip

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**Birth–2 months**

- Recognizes caregiver’s voice
- Colic (grimace, closed eye, tight fists)
- Begins to follow things with eyes

**2 months**

- Recognizes caregiver’s voice
- Starts to smile
- Calms down when rocked, cradled or sung to
- Begins to follow things with eyes

**4 months**

- Begins to roll
- Reaches for toy with one hand
- Brings hands to mouth

**6 months**

- Generates caregiver’s voice
- Rolls in both directions
- Reaches for toy with one hand
- Brings hands to mouth

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**8-12 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

**12-18 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**18-24 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**24-36 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**36-48 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**48-60 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**60-72 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**72-84 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**84-96 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**96-108 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops

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**108-120 months**

- Drinks from a cup
- Drinks from a bottle
- Balances on one foot
- Hops
Vaccines Protect Kids

**DTaP** protects against diphtheria, tetanus, and pertussis.

**Hib** protects against *Haemophilus influenzae* type b.

**Hep A** protects against Hepatitis A.

**Hep B** protects against Hepatitis B.

**Influenza** protects against flu.

**IPV** protects against polio.

**MMR** protects against measles, mumps, and rubella.

**PCV** protects against pneumococcal disease.

**RV** protects against rotavirus.

**Varicella** protects against chickenpox.